HOLIDAY STRESS!

Here are a few suggestions to help you cope with the extra stress from the holiday season:

Manage your time wisely *- make a list of chores to be done and allow sufficient time for each chore.*

Talk out problems *- talking with a trusted friend can help put problems in perspective.*

Eat and drink in moderation *- it's easy to overindulge during the holidays.*

Get enough sleep *- this will help ensure you meet each day's challenges with energy and alertness.*

Take a break *- an occasional "time out" from your hectic schedule will help you relax and feel refreshed.*